

October 27, 2011

Dear Janet,

Thank you for your presentation on “Anger Management” to the people of St. Patrick Church, Chatham, on September 27, 2011. It touched many hearts and left those in attendance with insight into unresolved issues of anger that surface when least expected. Your presentation opened eyes to unresolved personal issues that engage people into situations that lead to hurt and resentment.

Since connecting with you several years ago due to an unfortunate circumstance in my former parish, God has blessed me with countless hours of your time, energy, and assistance through insightful presentations marked with enthusiasm and lived experience. I have gained much wisdom in relationship skills, and in handling situations that promote discomfort and hostility as I have witnessed you speak at my former parish, St. Jude Church in Budd Lake, the Mount Olive Clergy Association, and with the priests of the Western Morris Deanery in the Diocese of Paterson. I carry much of your philosophy on anger to my staff and faith community at St. Patrick Church in Chatham.

Your friendly, outgoing personality and insightful words also promote unremitting personal and spiritual growth; and, a change of heart too many in a wide range of professions who struggle with anger, as well as in common everyday activities such as driving and shopping that may summon annoyance from others at unexpected times. Your appearances with members of the clergy invited me to look at the root of situations that lead to an ill temper with a vision to respond in a Christian manner. The lectures also led people to dig into the pits of their lives to define the reason for their anger, which you do in an intelligent, friendly, and humorous way as you possess a knack to make people laugh and see themselves through personal experiences. This is a tremendous gift.

I have often extracted material from your book, *The Secret Side of Anger*; as well as from your lectures for Sunday homilies, which induces positive feedback. I wish you well in your ongoing work that thrusts forth the peace of Christ into lives that face conflict that leads to anger aware that acceptance of individuals builds strength and avoids resentment. May God bless you and your future endeavors.

In Christ’s Love,

Rev. Robert J. Mitchell